

Wellness Tip of the Month: Avoiding the Cold Virus

Winter is here, and cold season is in full force. If you want to avoid getting sick this season, follow these cold-fighting strategies, offered by Mark Mengel, M.D., M.P.H., chair of community and family medicine at St. Louis University School of Medicine:

- Every time you shake hands, make a mental note to wash yours.
- And wash frequently other times, too. Water dilutes the virus and sends it down the drain.
- Try not to touch your nose and eyes. These are places cold germs enter your body.
- Get eight to ten hours of sleep a night. You can't fight colds and other bugs as well if you're tired.
- If you smoke, stop. Smoking destroys cilia, little hair-like fibers that keep mucus from clogging the lining of the nose and lungs.
- Don't eat after double dippers at holiday buffets.